

**ABSTRACT**

Disclosed is a dietary ingredient comprising at least one edible lipid which does not inhibit mineral absorption, enhances mineral absorption and intake, particularly a chemically or enzymatically synthesized synthetic oil, particularly glyceride-based lipid with high levels of mono- or polyunsaturated fatty acids at positions *sn*-1 and *sn*-3 of the glycerol backbone, vegetable- and plant-derived oil, such as flax and canola oils, short and medium chains lipid, preferably MCT and an oil mimicking the triglyceride composition of human mother's milk fat and its various uses.

The dietary ingredient is particularly intended for use in enhancing calcium absorption and in the prevention and/or treatment of disorders associated with depletion of bone calcium and bone density, prevention and treatment of osteoporosis, for the enhancement of bone formation and bone mass maximization and for the enhancement of bone formation in infants and young children.